



CHALLENGES IN CAREGIVING

# GIVING CARE, TAKING CARE

A CONFERENCE FOR FAMILY AND PAID CAREGIVERS

## June 7, 2010

**Save the Date!**

### Are you caring for an elder or an adult with disabilities?

Learn how to:

- ♥ Plan for Legal & Financial Issues
- ♥ Find Helpful Resources in Your Community
- ♥ Reduce Family Conflict Around Caregiving
- ♥ Use Stress Management & Relaxation Techniques
- ♥ Problem-solve Behaviors in persons with Dementia or Developmental Disabilities
- ♥ ... and Much More!

### EARLY REGISTRATION DEADLINE

*Reduced fee until May 24, 2010*

- ♥ \$25 – family and volunteer caregivers
- ♥ \$50 – agency-based caregivers

Limited space – you must pre-register

**There is no registration at the door**

### CALL FOR MORE INFO!

To receive a conference brochure and registration form, call:

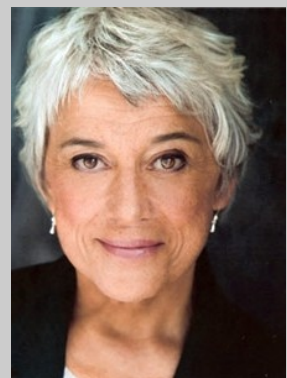
**(360) 725-2544 or 1 (800) 422-3263**



*This is a top notch 'par excellence' conference by any standard at a people's price...marvelous!*

- Conference attendee

### KEYNOTE SPEAKER



**Megan Cole**

Television/stage actress and national speaker Megan Cole brings her intelligence, passion, and wit to the conference as this year's keynote speaker.

Audiences are inspired by Ms. Cole's ability to capture the voices of both caregivers and care receivers.

Ms. Cole brings to life the caregiving experience and shares essential skills for compassionate communication.

**Aging and Disability Services Administration**

P. O. Box 45600, Olympia, Washington 98504-5600

**Please Recycle**



***Who Should Attend the Challenges in Caregiving conference?***

Family Caregivers — In-Home Caregivers — Adult Family Home Providers and Employees — Volunteer Chore Workers —  
Respite Workers — Home Health Aides — Individual Providers — Assisted Living Facility Staff